STRESS INOCULATION UPDATE

PROPOSAL TO ENHANCE FORCE PRESERVATION

DEVELOPED BY RESEARCHERS AT THE UNIVERSITY OF NORTH CAROLINA - WILMINGTON

CHALLENGES OF COMBAT STRESS

- ***2008 RAND Study***
  - 21.8% of personnel deployed to OIF/OEF since 2001 manifest combat stress symptoms (diagnosed with PTSD and/or major depression)
  - Total treatment costs: $4-6 billion
  - Costs/person, 2 years post-deployment: $6-26K
  - 80% diagnosed with additional mental health or physical ailments, including increased suicide risk
- ***II MEF Case Study***
  - 16K+ personnel currently attached to II MEF diagnosed with PTSD
  - DIV Psych averages 5.5 visits/person
  - Visits to civilian providers average/month
  - $9.4 million: Savings to II MEF over two year period, assuming 10% of those 16K had not required treatment, and assuming minimum cost of $6K/person using RAND Study data

MANAGING THE CHALLENGES

- Treatment protocols (postvention) well established.
- Stress inoculation (prevention) *not* well understood
- RTI pilot program, sponsored and funded by Office of Naval Research (ONR) undergoing limited USMC field-testing (uses biofeedback & COSC elements in classroom environment)

UNCW PROPOSAL

Delivers Individualized Results

- ***Creates "strengths and risks" profile*** across 9 dimensions of personal maturity (eg anger management)
- Web-based
- Provides evidence-based skills training
- Offers live counseling, using motivational interviewing approach
  - 24/7/365
  - Pre/during/post-deployment
- ***Complements existing programs*** such as Never Leave A Marine Behind, OSCAR, RTI pilot

*PILOT PROGRAM COAs**

1) 400 USMC/USN personnel, 12 months
   1 BN: 200 control, 200 experimental, $1.6 million

2) 800 USMC/USN personnel, 18 months
   2 BNs: 400 control, 200 experimental, $1.9 million

3) 1200 USMC/USN personnel, 24 months
   3 BNs: 600 control, 600 experimental, $2.1 million

**Assumes counselors are available 24/7/365 during pilot*

QUESTIONS